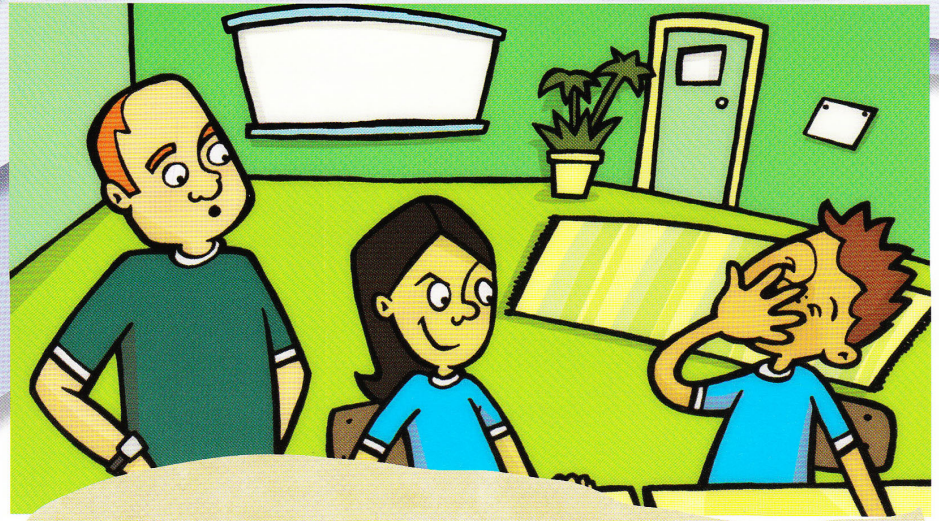
What's for Lunch?

by **Ken Benn**



"You've had a nutty bar in your lunch box every day this week!" exclaimed Mr Kenna. "But I haven't seen any fruit."

"Who eats fruit at lunchtime?" replied Alex.

"I do," chirped Tina.

"You must be the only one." Alex yawned. He was ready for a snooze even though it was still morning. "Fruit is just girls' food."

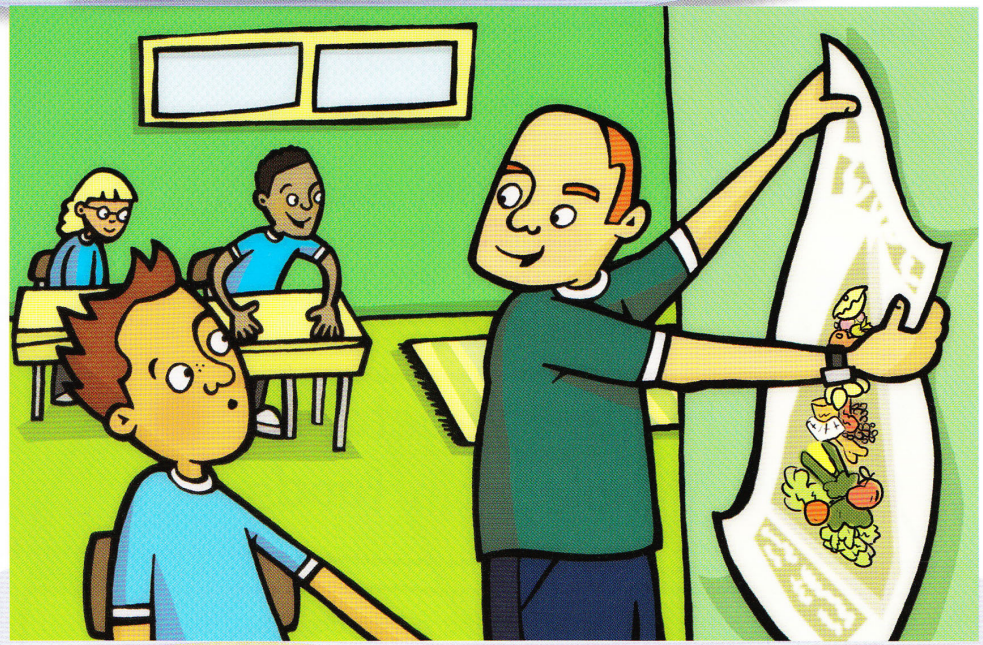
"We all need fruit," said Mr Kenna firmly. "Fruit keeps you healthy – and helps you to pay attention in class."

"Alex is right," chuckled Tina. "It *is* only girls who eat fruit. That's why we're smarter than boys!"

"Now that's unfair, Tina," grinned Mr Kenna. "I'm a boy, too, remember. But maybe you're right about eating habits. Let's find out what our class eats."

"So how are we going to do that?" said Alex. "And how do we know what foods are healthy?"

"That's a very good question," answered Mr Kenna as he pinned a poster to the wall.



The poster showed lots of foods packed inside a pyramid. To help explain it, Mr Kenna drew a pyramid on the whiteboard and wrote the names of food types onto it. At the top were treats. You should eat those only sometimes. At the bottom were foods that are very healthy. You should eat plenty of these. In the middle were the "in between" foods. These are healthy so long as you don't eat too many servings a day.